



It's that time of year when we take time to reflect on the accomplishments of the past year and think about what's to come in New Year. We hope that you take the time to make goals and resolutions to help you stay focused on what you want in the future. Make your own or try out these resolutions:

1. **Move more, sit less.** Regular physical activity is one of the best things you can do for your health.
2. **Stimulate your mind.** Spend 10 to 20 minutes a day playing games such as crossword puzzles, sudoku, or even making a jigsaw puzzle. Reading, writing, and learning a new skill are also ways you can stimulate your mind.
3. **Use cleaner products.** What you put on your body is just as important as what you put in your body. The products you use in your home can impact your health. You can start by switching your beauty and personal products for more natural products.
4. **Keep up with medical checkups.** Make sure you see your primary care doctor and dentist at least once per year. Visiting your doctor on a regular basis is essential to diagnosing potential problems before they become more serious.
5. **Volunteer.** Volunteering can be great for seniors and offers plenty of health benefits. Volunteering can reduce stress and even lower the rates of depression.
6. **Focus on gratitude.** Focusing on gratitude instead of the negative aspects on your life can have positive effects on your health. Everyday, spend five to 10 minutes writing down things you are grateful for. A year from now, you will be able to look back at all the positive things that happened.

INSIDE THIS ISSUE

UNIVERSITY EXPRESS

Page 2

RSVP

Page 3

RECIPE OF THE MONTH

Page 4

HOLIDAY PLATE

Page 5

CLUB 99

Page 6

JANUARY MENU

Page 7

WORD SEARCH

Page 8

NUTRITION CORNER

Page 9



MISSION STATEMENT

The mission of the Department of Senior Services of Erie County is to promote the well-being of all older adults through coordinated and cost-effective services which enhance their independence, dignity, and quality of life.



MAIN OFFICE:

95 Franklin Street, St 1304

Buffalo, NY 14202

p: 716-858-8526

w: www2.erie.gov/seniorservices

UNIVERSITY EXPRESS

Greetings and Happy New Year from University Express! We wish you all the best in 2022.

Thank you for participating in our fall 2021 semester! Be sure to visit our website at erie.gov/ue and take advantage of our recorded classes. The learning never stops!



Virtual Trivia

- Friday, January 7th
2 pm
- Friday, January 21st
2 pm

Even though we are on break, we still have some neat things scheduled for January. We hope you can join us!

Email Katie at Katherine.earl@erie.gov for more information and the Webex link to join.



Virtual Current Events
Discussion Group

Thursday, January 13th
2 pm

VIRTUAL BOOK CLUB



"THE LOTTERY" BY SHIRLEY JACKSON

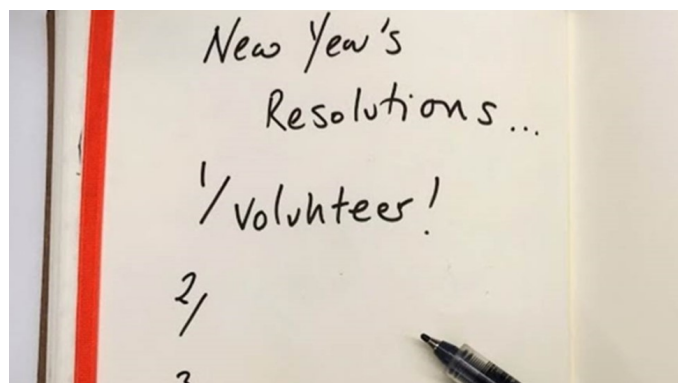
MONDAY, JANUARY 24TH AT 2 PM

RSVP

Welcome to 2022! While it is exciting to look ahead at the New Year and all the possibilities it brings, we want to take a moment to recognize the hundreds of RSVP volunteers who made a difference this year. Our volunteers have now volunteered through two years of a global pandemic and we are so grateful for their help. They have volunteered as docents at the Buffalo & Erie County Naval and Military Park and at the Buffalo Science Museum. Many have sewed masks for distribution to Erie County families in need, took care of our incredible natural resources at Beaver Hollow and Reinstein Woods, delivered meals to seniors in need through one of our three Meals on Wheels programs, and volunteered at vaccination clinics.

While there are a lot of incredible numbers that we can share, we are so proud that our volunteers contributed **35,539 hours** of unpaid volunteer service at nearly 75 sites across Western New York. In fact, they averaged **83.20 hours** per volunteer. While volunteers truly are priceless, many have tried to place a dollar value on the work that volunteers contribute. In 2021, the value of a volunteer hour was conservatively estimated to be \$28.54 an hour. That means RSVP volunteers gave over **\$1 million dollars** worth of value to nonprofits and government agencies in our community. What an incredible achievement!

If your New Year's Resolution involves becoming more active, growing your engagement with your community, giving back to others, learning a new skill, or building your social network, then RSVP may be the resolution you're looking for! Sign up for our monthly newsletter by emailing us at RSVP@erie.gov or calling us at 716-858-7548. We'd love to have you join us in 2022!



Recipe of the Month

Spaghetti Squash & Chicken with Avocado Pesto

Give pesto pasta a healthy makeover with this easy recipe that combines low-carb spaghetti squash with high-protein chicken breast.

Ingredients:

- 1 2 1/2 to 3 pound spaghetti squash, halved lengthwise and seeded
- 1 ripe avocado
- 1 cup packed basil leaves
- 2 tablespoon lemon juice
- 1 garlic clove
- 3/4 teaspoon salt
- 1/2 teaspoon ground pepper
- 5 tablespoons of extra-virgin olive oil
- 1 pound of boneless chicken breast, trimmed and cut into 1-inch pieces



Instructions:

- Preheat oven to 400 degrees. Coat a large rimmed baking sheet with cooking spray.
- Place squash cut side faced down, on one side of the prepared pan. Bake until tender, about 45 minutes.
- Meanwhile, combine avocado, basil, lemon juice, garlic, 1/2 teaspoon salt and 1/4 teaspoon pepper in a food processor. Pulse until finely chopped. Add 4 tablespoons oil and process until smooth.
- Ten minutes before the squash is done, toss chicken, the remaining 1 tablespoon oil and the remaining 1/4 teaspoon each salt and pepper together in a medium bowl. Spread the chicken in an even layer on the empty side of the baking sheet. Return to the oven and bake until just cooked through, about 10 minutes.
- Using a fork, scrape the squash from the shells into a large bowl. Add the chicken and toss gently to combine. Serve topped with the pesto.

Combating Social Isolation:

Crafts

Fave Crafts- Best crafts for seniors!

www.favecrafts.com

The Spruce Crafts- Learn how to crochet for beginners!

www.thesprucecrafts.com

Origami- Simple origami folding instructions.

www.origami-instructions.com

Winter Videos- Step by step painting with Tracie Kiernan.

www.stepbysteppepainting.net

Modge Podge Rocks Blog- Easy crafts for adults!

www.modpodgerocksblog.com



Happy Crafting! :)

CLUB99: Perfect for Your 2022 New Year's Resolution!

Are you looking to stay fit this winter? With New Year's Resolutions starting up again, there is no better time to start looking and feeling your greatest with CLUB 99 virtual exercise class. We use a combination of resistance band exercises, cardio, stretching and the use of a small exercise ball to help you stay motivated throughout the program. We meet daily, Monday through Friday from 9-10am.

All 60 and over are welcome to join in. The side effects of regular exercise are: improved sleep, increased blood circulation, improved heart health, increased confidence, weight loss or maintenance, increased flexibility and an overall increase in health and well-being.

If you have any questions or you would like more information, please contact Julie Ruszala at 858-6403 or julie.ruszala@erie.gov.

3 Essential Reminders When Doing Resistance Band Exercise

- Make sure that the band can provide the right level of resistance you need for your workout.
- Make sure that you are really exerting close to the maximum effort each time you work out with using the resistance band.
- Make sure that you keep maximum effort during your reps in order to reap the strengthening benefits of any resistance band workout.



Erie County Stay Fit Dining Program

Standard Menu

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Boneless Chicken Breast with Marsala Sauce Rice Pilaf Cauliflower & Carrots Grape Juice Chocolate Chip Cookies (888)	4 Macaroni & Cheese Zucchini & Tomatoes Green Beans Wheat Dinner Roll Fruit Cocktail (832) 	5 Entrée Salad Julienne Salad with Dressing Dinner Roll Rice Krispie Treat (852) 	6 Tortellini with Tomato Meat Sauce <i>Chef Salad with Dressing</i> Italian Mixed Vegetables Italian Bread Fresh Orange <i>Chocolate Milk</i> (704) 	7 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (795)
10 Sliced Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (899)	11 Beef Pepper Steak Casserole over Rice Broccoli Wax Beans with Carrot Butterscotch Pudding (845)	12 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese <i>Chef Salad with Dressing</i> Country Cottage Mix Grape Juice Ambrosia (841) 	13 Roast Pork Loin with Cranberry Chutney Sweet Potatoes Green Beans Wheat Bread Cinnamon Applesauce <i>Chocolate Milk</i> (758) 	14 Martin Luther King Meal Breaded Chicken Drumsticks Augratin Potatoes Seasoned Mixed Greens Cornbread Marinated Cucumber & Tomato Salad Banana Cream Pie (1065) 
17 	18 Ancho Chicken Fajita Skillet with Peppers, Onions, Salsa & Shredded Cheddar Flour Tortilla Seasoned Black Beans & Rice Fiesta Corn Tropical Fruit (783) 	19 Beef Bourguignon Mashed Potatoes French Bean Medley Wheat Bread Oatmeal Raisin Cookies (857) 	20 New Menu Item! Entrée Salad Turkey Tzatziki Salad on a Bed of Fresh Salad Greens & Cherry Tomatoes Pita Bread Fresh Banana <i>Chocolate Milk</i> (803) 	21 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Pear Crisp (716) 
24 New Menu Item! Caribbean Chicken Stew Broccoli Wheat Dinner Roll Pineapple (806) 	25 Hot Dog with Baked Beans & Ketchup on a Bun Roasted Red Potato Carrots Fresh Apple <i>Chocolate Milk</i> (776) 	26 Entrée Salad Cranberry Chicken Salad on a Bed of Fresh Salad Greens & Cherry Tomatoes Club Crackers Cinnamon Streusel Cake (831) 	27 Lasagna Roll with Meatsauce California Mixed Vegetables Grape Juice <i>Chef Salad with Dressing</i> Dinner Roll Lemon Bavarian (754) 	28 Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (849)
31 Cheese Omelet w/ Cheese Sauce Peppers, Onions & Tomatoes Tater Tots Raisin Bread Fruit Compote (777)	1 Entrée Salad Greek Grilled Chicken Breast Salad Breakaway Roll Cinnamon Pear Crisp (887) 	2 Lentil Bolognese Pasta Broccoli <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (730) 	3 Breaded Pork Chop with Gravy Lazy Pierogi Harvard Beets Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (700) 	4 Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Orange Pineapple Juice Fresh Pear <i>Chocolate Milk</i> (862) 

Healthy Habits



NUTRITION WORD SEARCH PUZZLE



Cucumber	Chicken
Spinach	Legumes
Apple	Cheese
Blueberry	Broccoli
Salmon	Watermelon
Yogurt	Orange
Carrots	Beans
Bell Pepper	Milk
Kiwi	Pudding



1. Think and write a healthy suggestion for tomorrow's breakfast, lunch and dinner.

BREAKFAST



LUNCH



DINNER



Q & A with Erie County Senior Services' Registered Nutritionist

Leanne Bajus

This month, we decided to take an inside look into the life of one of Erie County Senior Services' Registered Nutritionist, Leanne Bajus. She has worked at Erie County Senior Services for 3 years and has thrived in her position ever since. We hope you enjoy what she has to say!

What inspired you to become a Registered Dietician?

I have always been interested in learning how food can improve our health and well-being. Growing up, my mom made sure we always ate well-balanced meals and she would cook for us everyday. I think it really makes a difference in how I view food as not just for comfort but also nourishing and enjoyable. When I went to school for my Bachelors in Nutrition, I then realized that there is a specialty called Dietetics. In this field, we learn about the use of nutrition science knowledge in clinical practice. Knowing how nutrition can be put to use in daily life, led me to pursue my career as a Registered Dietician.

What do you like most about working with seniors?

I enjoy interacting with seniors, especially because both of my grandparents have passed away. The seniors always have something interesting and funny to share with me, whether it's their wisdom, senior jokes or puns.

What would you tell a senior who was interested in joining congregant meals?

I would tell him/her to take a look at our monthly menu and see if any meal interests him/her. The menu is available on page 7 in this newsletter. Next, pick a dining site that he/she wants to go, contact them and make a reservation and give our lunch a try! For a \$3 suggested contribution, he/she can get a hot, nutritious meal. It will also save him/her from having to cook a meal. Additionally, no one will be denied if they cannot afford the contribution.

For more questions about congregant meals, call 858-7639.

